

Pathways

A Healing Center

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Tim Thorpe, Executive Director
Erica Nelson, Program Manager
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Laura Nelson, Administrative Coordinator

Building Hours

Program Hours:

Mon - Thurs: 9:30 am - 7 pm
Fri: 9:30 am - 5 pm
Sat: 10 am - 4 pm
Sun: closed

Drop-in Hours:

Mon - Thurs: 9 am - 7 pm
Fri: 9 am - 3 pm
Sat: none
Sun: closed

May & June 2019 Building Closures:

Thurs, May 2 - Administrative Focus Day
Sat, Sun, Mon, May 25 - 27 - Memorial Day Holiday
Thurs, June 6 - Administrative Focus Day
Fri, June 14 - Closing at 1 PM due to bike race in Uptown
Sat, June 29 - Administrative Programming

Pathways' Services are Free. Financial donations and/or volunteer contributions of your time are greatly appreciated and considered an essential part of one's healing journey.

Statement of Purpose:

Pathways provides programs designed to support a creative healing response to illness.

SPECIAL OFFERING



★ **Buoyancy -**

Film Screening & Book Reading

with Jeannie Piekos

Tuesday, May 7, 2019

6:30 PM - 8:30 PM



When faced with an aggressive and rare cancer diagnosis, Jeannie Piekos, writer and poet, found a way to navigate the challenges of her cancer journey through poetry and writing. For Jeannie the poetic voice was an essential tool on her path to self-acceptance and authenticity.

Through her writing she discovered that even in the unpredictable sea of disease there was the possibility she could float.

In *Buoyancy* she travels from the heart-breaking, life-threatening diagnosis through the treatment protocol with its side-effects and fallout, and onward into a transformed, unrecognizable self that yearns to find healing and possibly, recovery.

Buoyancy provides a lens into a private space that allows the reader and viewer to be witness to the loneliness, bittersweet poignancy and universality of disease.



Finding peace with my situation meant learning to love what felt broken in my life—my heart, my body, and the cells that went awry...

Please join Jeannie for a screening of the documentary and a reading. There will be a facilitated discussion afterwards that will touch on finding acceptance, using art as a tool for discovery, and allowing opportunities of joy to emerge in the midst of challenge.

Books will be available for sale.

Registration unavailable online.

To sign-up, please call the Pathways front desk at 612-822-9061.

GETTING STARTED

- New participants are required to attend the **Welcome to Pathways Orientation**. This is the essential first step before registering for sessions at Pathways. See page 3 for the next available dates.
- Determine your category (see descriptions at right).
- Visit our web site: www.pathwaysminneapolis.org and click on the box: "Becoming a Participant" for detailed information on how to register online.
- All computer registration requests must be submitted by the specified monthly deadline:
 - 1) May requests must be made by April 25, 2019
 - 2) June requests must be made by May 25, 2019
- Those without computer access may submit a registration request form by fax, mail, or in person. Blank registration request forms are available in Pathways' library area or may be mailed to Participants upon request.

NOTE: The deadline to submit a paper registration form is different from the computer registration deadline. It is the 22nd of each month and is noted on the paper registration form itself.

SCHEDULING PROCESS

Participants register for sessions every month for the next month's sessions.

- Participants who complete their registration by the specified monthly deadlines will be randomized within their category and will be offered sessions based on their rank.
- Participants who complete their registration after the specified monthly deadlines will be registered for sessions on a first-come, first-served basis.
- All registered participants will receive notification of their schedule following the monthly randomization.
- All participants must confirm their attendance for groups or individual sessions 24 hours or more prior to the session start time.

Computer Registration Deadlines:

- 1) May requests must be made by April 25, 2019
- 2) June requests must be made by May 25, 2019

Category 1

For persons with life-threatening physical illness (cancer, debilitating heart disease, HIV/AIDS, lymphoma, MS, ALS, transplants, etc.).

Category 2

For persons dealing with disability, pain and/or other symptoms related to a physical chronic illness, or physical injury (CFS, chronic pain, diabetes, Lyme, etc.). This category is also designed for persons from Category 1 who have no advance in illness following one year of Pathways' services.

Category 3

For persons in recovery from stress and emotionally based concerns related to physical illness and for persons from Category 2 following one year of receiving Pathways' services.

We do not offer services addressing mental illness and can refer those looking for professional mental health services to other mental health organizations.

Category Status is self-identified. However, if you have been a Category 1 or 2 for one year without any advance in illness, we ask that you change your category to the next lower level. This allows the newly diagnosed or those with advancing illness to have the highest priority. Caregivers may choose to select the same category as the person they are caring for.

ARRIVAL, PARKING, & CLASS START TIMES

Out of respect for our volunteer providers and the integrity of our programming, all classes will begin at their scheduled times. No one will be admitted 10 min. after a session has begun. Parking may be challenging as our lot fills up fast. Planning to arrive early allows participants ample time to find alternate neighborhood parking as well as time to settle in prior to their session beginning.

ACCESSING THE LOWER LEVEL AND SECOND FLOOR:

Participants unable to access our second floor or lower level rooms due to stairs are requested to inform us of their desire for "First Floor Only" rooms on their registration sheet or their online profile.

Pathways does not advocate, support, or practice unlawful discrimination based on age, ethnicity, gender, national origin, disability, race, size, religion, sexual orientation, or socioeconomic background.

NEW PARTICIPANT ORIENTATION

New to Pathways?
Welcome! Please give us a call to sign up for an orientation.

612-822-9061

Mon., May 6	4:00 PM - 5:00 PM
Tues., May 14	1:00 PM - 2:00 PM
Thurs., May 23	11:00 AM - 12:00 PM
Fri., May 31	2:00 PM - 3:00 PM
Fri., June 7	1:00 PM - 2:00 PM
Tues., June 11	2:30 PM - 3:30 PM
Thurs., June 20	11:30 AM - 12:30 PM
Mon., June 24	11:00 AM - 12:00 PM

An orientation and welcoming for new participants at Pathways. We will help you access Pathways' services as simply as possible. The Pathways video will be shown. Please be sure to sign up and confirm your attendance with the Front Desk (612-822-9061). This class must be taken before attending other sessions at Pathways.

 **RENEWING Life™**

 **Renewing Life™: 8 Week Series** *Certified Facilitators*

Please call 612-822-9061 for class schedule and to register.

This is an intensive program for making the most of the challenges life hands you. The program focuses on teaching communication skills, coping strategies, and life-affirming attitudes.

There is a suggested donation of \$45.00 for participating in the Renewing Life™ program. Your contribution covers the ongoing costs of the Renewing Life™ program.

- Session 1 - Renewing Life
- Session 2 - Partnering with Mind/Body/Spirit
- Session 3 - Nourishing Relationships
- Session 4 - Restoring Spirit
- Session 5 - Expressing Feelings
- Session 6 - Making Meaning
- Session 7 - Creating Healing Spaces
- Session 8 - Loving and Celebrating a Renewed Life

Must Attend All Sessions. Registration not available online.

 **Transitions: Taking Pathways' Renewing Life™ to a Deeper Level**

Facilitated by Alex Acker-Halbur & Betsy Knapp or Paula Sandberg

Wed., May 29 - 6:00 PM - 8:30 PM

Fri., May 31 - 10:00 AM - 12:30 PM

**Using Our Inner Advisor
To Access Our Story**

Learning ways to understand our story helps us restore our spirit, feel more in control, and release energy for healing. In this *Transitions* program we'll take time to access our inner advisor and then consider what that still small voice can tell us about the chapters of our life.

Transitions is an educational/informational program. *Transitions* is not a therapy or a support group. Participation in *Transitions* requires prior completion of the Renewing Life™ program.

Registration not available online. For more information or to register for a *Transitions* session, please call 612-822-9061.

PATHWAYS' SCENT-FREE POLICY

The following are banned within the building and property:

1. The use/scent of perfume, cologne and/or essential oils
2. The application of any body products while at Pathways
3. Smoking and tobacco products

Session Symbol Key & Definitions

One-to-one session: 

Group class session: 

Drop in:  (no registration required)

Series:  (please attend all sessions)

ART, MUSIC, AND CREATIVITY

**Art Studio**

Tues., May 7, 21, June 4, 18

Erica Nelson or
Lorrie Ogren
1:30 PM - 4:00 PM

Work individually or with guidance. Bring your own projects to work on or request ideas to get you going. Many art materials are provided - or bring your own. A facilitator is present for whatever type of support you may need. All experience levels welcome. **Session held in the lower level; Participants must be able to navigate stairs to access class.**

**Creative Journaling:
Befriending Your Mind**

Thurs., May 16

Kate Wolfe-Jenson
10:00 AM - 12:00 PM

Are you sometimes beset by fears, anxiety and other negative emotions? Learn how your journal can become a tool for practicing self-compassion. We'll use simple creative journaling and meditation techniques to help you uncover kind practices and promises that can transform your interior experience and move you toward joy. Please bring your journal or a notebook.

**Creative Journaling:
Befriending Your Journey**

Thurs., June 13

Kate Wolfe-Jenson
10:00 AM - 12:00 PM

Has becoming ill detoured you from the life you planned? Health crises rearrange our priorities, giving rise to anger, sadness or confusion. Using creative journaling and meditation, we'll explore our journeys and integrate our experience into healing stories. Please bring your journal or a notebook.

**Creative Journaling:
Through Collage, Imagery & Writing**

Tues., May 21

Gloria Larsen
10:00 AM - 11:45 AM

This group will explore various practices and ways to journal with images, collage and reflective writing. Themes and exercises will be provided. Bring your own journal or a notebook will be provided. No art or writing experience is needed.

Session held in the lower level; Participants must be able to navigate stairs to access class.

**Spring Clearing
with Words & Collage**

Thurs., May 30

Janet Higgins
10:00 AM - 12:30 PM

Using word play and collage connect with Spring's rising energies - let go of the old, make room for the new. No art experience needed. All materials provided. **Session held in the lower level; Participants must be able to navigate stairs to access class.**

**Embracing Summer
with Words & Collage**

Thurs., June 27

Janet Higgins
10:00 AM - 12:30 PM

Using words and collage connect with Summer's nurturing warmth - growing and blooming. No art experience needed. All materials provided. **Session held in the lower level; Participants must be able to navigate stairs to access class.**

**Women's Writing Group:
Writing For Healing**

Thurs., May 16, 30

Wendy Brown-Baez
1:00 PM - 2:45 PM

Writing opens our hearts so that we can be authentic. We will use simple writing exercises to access our inner guidance. This class will focus on themes from our common experiences as females in order to honor our courage and resiliency.

**Writing for Healing**

Thurs., May 9, 23, June 13, 27

Wendy Brown-Baez
1:00 PM - 2:30 PM

Using simple techniques of spontaneous free writing, we access our inner voice and intuitive guidance. We gain new perspectives and find commonality and meaning. Ideal for those with health challenges or care-givers. You don't have to be a writer, just a willingness to find your own words.

BODYWORK

**Acupuncture**

Mon., April 29, May 6, 13, 20

Session times vary.
See online system

Mon., June 3, 10, 17, 24

for specifics

Acupuncture is a method of encouraging the body to promote natural healing & to improve functioning by inserting needles at very precise acupuncture points. Participants typically remain fully clothed during the treatment and will be appropriately draped where necessary. Please wear loose, comfortable clothing. **(Multi-Session Series)**

In conjunction with The College of Acupuncture & Oriental Medicine at Northwestern Health Sciences University.

**Bodywork with
Reiki and Sound Healing**

Tues., May 7, 21, June 4, 11

Linda Lundquist
10:30 AM - 11:45 AM
12:30 PM - 1:45 PM

The participant will receive a full body massage with long, flowing strokes that enhance deep relaxation. Reiki is energy work (hands on or off) used by the Provider as the massage is given that promotes deep healing. Sound Healing with a crystal bowl and tuning forks is also offered if the participant would like. The sounds of the bowl and forks align our bodies to promote deep healing and relaxation.

**Massage**Fri., May 3, 10, 17, 24, 31, &
Fri., June 7, 21, 289:45 AM - 11:00 AM
11:30 AM - 12:45 PM
1:45 PM - 3:00 PM

Depending on the massage therapist's training, sessions may include Relaxation/Swedish Massage, Clinical Massage, &/or Reflexology. When receiving relaxation or clinical massage, scent-free oils, lotions, or creams will be applied to the body to allow your muscles to be massaged without causing excessive friction to the skin. Participants may choose to undress to their comfort level for the massage. Whether experiencing reflexology, relaxation or clinical massage, Participants will be asked if they have any medical conditions, injuries, or medications that may affect the course or outcome of the massage.

In conjunction with The College of Massage Therapy at Northwestern Health Sciences University.



BODYWORK (CONT'D)

 **Reflexology**

Connie Saunders
Wed., May 8, 22, June 5, 26
10:00 AM - 10:45 AM
11:00 AM - 11:45 AM

Experience the importance feet play in overall health. As a Certified Foot Reflexologist, I will partner with you to help you stay healthy. Our goal is to release tension and increase circulation in your feet, and throughout your body, one pressure point at a time. You will be fully clothed and sit in a reflexology chair where you can relax and help activate the healing powers of your body.

 **Rosen Method Bodywork**

JanMarie Roehl
Mon., May 6, June 3
9:30 AM - 10:30 AM
10:45 AM - 11:45 AM

Rosen Method is a hands on bodywork therapy that facilitates a deep relaxation and promotes a sense of the Self in present time. Gentle, respectful, intentional touch allows a person to access places of muscle tension that may have been created unconsciously.

 **Shiatsu Massage**

Mary LeSourd
Mon., May 20, June 24
10:00 AM - 11:15 AM
11:30 AM - 12:45 PM

Shiatsu massage honors the mind-body-spirit connection by treating the person as a whole. It restores a person's energy flow by applying pressure to the 'meridians' or energetic pathways throughout the body. The session is received fully clothed (please wear loose fitting clothing) and includes stretching, breath awareness, and pressure through the hands, elbows, knees and feet.

 **Therapeutic Massage**

Mollie Newhouse
Thurs., May 23, June 20
1:00 PM - 2:00 PM
2:15 PM - 3:15 PM

This massage will be customized to meet the participant's particular health needs. Techniques used will include Swedish massage, myofascial release, deep tissue, trigger point work, kinesiotaping, and stretching. Participants are encouraged to inform the therapist of any medical conditions, injuries, or medications that may affect the course or outcome of the massage.

ENERGY HEALING

 **Bio-Energy Healing**

Bio-energy healing promotes the body's natural state of wholeness. The chakras and the energy fields are strengthened and balanced, which can reduce pain, lower stress, speed recovery time and promote vitality of healthy cells. The work happens with hands on or off the body.

Bio-Energy Healing

Sarah Miracle
Tues., May 14, 28, June 11, 25
1:00 PM - 2:00 PM
2:30 PM - 3:30 PM

Bio-Energy Healing

Ann Agrimson
Wed., May 15
1:00 PM - 2:00 PM
2:30 PM - 3:30 PM

 **BodyTalk**

Karen Norum
Tues., May 14
4:30 PM - 5:00 PM
5:15 PM - 5:45 PM
6:00 PM - 6:30 PM
6:45 PM - 7:15 PM

BodyTalk is a comprehensive, effective, non-invasive, safe energy medicine system. During a BodyTalk session, the body's energy systems are re-synchronized and the body's innate ability to heal itself is stimulated.

 **Energy Healing**

Peggy Dufour
Tues., May 7, 14, 21, 28, &
Tues., June 4, 11, 18, 25
4:00 PM - 4:45 PM
5:00 PM - 5:45 PM

Fully clothed, light touch and/or hands off. Assists in restoring harmony, balance and re-patterning of your energy system placing you in a position to self heal.

 **Energy Healing**

Wendy Kardia
Tues., May 14, June 11
4:00 PM - 5:00 PM
5:00 PM - 6:00 PM

Receive a light, relaxing energy healing that is intuitively designed for your energy system. This session will assist in renewing and reassuring you of your own unique gifts.

 **Energy Healing With Intention**

Dennis Searle
Wed., May 1, 8, 15, 22, 29, &
Wed., June 5, 12, 19, 26
1:00 PM - 1:45 PM
2:00 PM - 2:45 PM
3:00 PM - 3:45 PM

A participant's intention helps define a path for the hands-on, chakra based healing. Use of energy techniques and imagery allows the participant to become aware of their health/mind/body connections, which may open new paths for healing.

 **Healing Touch**

Healing Touch is an energy therapy that uses gentle hand techniques to help re-pattern a person's energy field and accelerate healing of the body, mind, and spirit.

Healing Touch

Jim Taylor
Thurs., May 9, 16, 30, June 13, 20, 27, &
Wed., June 5
12:00 PM - 12:45 PM
1:00 PM - 1:45 PM

Healing Touch

Mary Johnson
Thurs., May 9, June 13
Thurs., May 16, June 20
1:00 - 1:45 PM & 2:00 - 2:45 PM
2:00 - 2:45 PM & 3:00 - 3:45 PM

Healing Touch

Niels Billund
Wed., May 14, 28, June 11, 25
5:30 PM - 6:30 PM

Healing Touch

Pamela Searles
Thurs., May 16, 30, June 13
10:00 AM - 11:00 AM
11:15 AM - 12:15 PM

Healing Touch

Susan Martin
Wed., May 1, June 5
Mon., May 6, June 3
9:30 AM - 10:15 AM
10:30 AM - 11:15 AM

ENERGY HEALING (CONT'D)**Healing Touch & Reiki***Liz Flavin*

Wed., May 1, 15, 29, June 12, 26 4:00 PM - 5:00 PM

Healing Touch and Reiki are heart centered, nurturing energy therapies that support the body's natural ability to heal. You will be asked to set a healing intention for the session. Then the practitioner will use gentle hands on and/or hands off techniques to balance your physical, mental, emotional and spiritual well-being.

**Intuitive Deep Hands-on Healing***Rhesa Schwartz*

Thurs., May 9, 16, 23, June 13, 20, 27 10:00 AM - 11:00 AM

11:30 AM - 12:30 PM

Hands-on healing, also known as energy healing, helps you get in touch with and experience your own body's energy.

**Mind Clearing & Energy Restoration***Diane Hendrickson*

Thurs., May 9

9:30 AM - 10:30 AM

10:45 AM - 11:45 AM

Experience peace of mind and restoration of spirit from a hands-on energy healing session where you may pick from Healing Touch, Qi-ssage and/or a Gentle Hand and Foot Massage, or have all three. This session typically helps people sleep better and feel more at peace. It is given lovingly.

**Reiki**

Reiki is Universal Life Energy that flows from provider to participant and breaks up blocks, which allows a body to heal itself. Reiki works on all levels - the physical, mental, emotional and spiritual. Work is done on a table while you are fully clothed, with gentle touch or hands off your body.

Reiki*Aurea Gerard*

Sat., May 4, June 22

10:30 AM - 11:00 AM

11:15 AM - 11:45 AM

12:00 PM - 12:30 PM

Reiki*Cindy VanDrasek-Pai*

Mon., May 13, June 3

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

Reiki*Colleen Beggan*

Wed., June 12

11:00 AM - 11:45 AM

Reiki*Naum Tsypis*

Thurs., May 9, 23, June 13, 27

6:00 PM - 7:00 PM

7:00 PM - 8:00 PM

Reiki*(Team Reiki) Linda Snyder & Lynn Soley*

Tues., May 21, June 18

6:30 PM - 7:15 PM

7:30 PM - 8:15 PM

**Soul & Energy Based Healing***Tim Hanson*

Tues., May 7, 14, 21, 28, &

10:00 AM - 11:00 AM

Tues., June 4, 11, 18, 25

11:00 AM - 12:00 PM

Relax on a bodywork table or seated in a chair, fully clothed.

This energy work facilitates movement in the energy body based on the needs of your soul, your intent or the present moment. You will gain a measure of insight into, and release from, anxieties, tensions, grief, fear, pain.

**Spring Forest Qigong Energy Balancing***Barb Palmer*

Mon., May 13, 20, June 3, 17

12:00 PM - 12:45 PM

Receive loving hands off energy while comfortably sitting or lying down. During this session you will experience a short guided meditation to help you deeply relax. Detecting and removing of energy blockages will help balance you physically, mentally, emotionally and spiritually. Learn tips and exercises to help keep your energy balanced.

**Spring Forest Qigong Healing/Qi~ssage***Gadu*

Fri., May 10, 24, June 28

2:15 - 2:45 PM

2:45 - 3:15 PM

3:15 - 3:45 PM

3:45 - 4:15 PM

In this session you have a choice of Spring Forest Qigong Energy Healing, Qi~ssage or combination of both. During Energy Healing, a Spring Forest Qigong Healer will move his or her hand several inches from your body to detect and to help remove energy blockages. This is a no-physical touch session. To further benefit your progress, healing movements, healing meditations or Qi~ssage sessions may be suggested. During your Qi~ssage you will sit comfortably with a Master Healer who will use light pressure and massage, along with the power of the mind and heart. He or she will gently and firmly stimulate key energy points on your head, shoulders, back, arms, hands, hips, legs, and feet in a specific order. You will remove your shoes and remain fully clothed and seated for the session.

**Spring Forest Qigong Healing Circle***Gadu*

Fri., May 10, 24, June 28

1:00 PM - 2:00 PM

Learn to heal your body, mind and spirit and share your healing energy with others. Using the simple and effective techniques of Spring Forest Qigong (SFQ), you will realize you are "Born a Healer!" We will practice SFQ Healing Movements, sitting meditations, mindful breathing, chanting, and Qi~ssage.



HEALTH, WELLNESS, & NUTRITION **Life Coaching***Carla Beach*

Wed., May 1, 8, 15 (3 session series) 9:30 AM - 10:30 AM

Wed., June 5, 12, 19 (3 session series) 10:30 AM - 11:30 AM

Life coaching begins with the recognition that you stand in the space of being a creative, resourceful and whole person. You have within you the answers to the issues in your life. Your coach will be your witness and guide for new awareness, supporting you in making resonant choices that move you toward finding balance and fulfillment. 📄

 **Integrative Wellness Circle***Erin O'Meara*

Tues., May, 28, June 11, 25 1:00 PM - 2:30 PM

Tap into the healing power of community and whole foods nutrition while we explore resources and develop practices for a healthy lifestyle. This group is a great fit for you if you have a strong motivation for lifestyle change and are interested in participating in a private online support community.

 **Natural Foods***Marcy Lundquist*

Fri., May 24, June 21 3:30 PM - 4:30 PM

Learn natural food selection by understanding principles of food balance and harmony. Explore eastern and western dietary traditions and consider the role of our microbiome in keeping human systems healthy.

MEDITATION, IMAGERY & INNER PRACTICE **Forgiveness Guided Imagery***James Wittenberg*

Wed., May 15, 22, 29, & 11:00 AM - 12:00 PM

Wed., June 5, 12, 19, 26

In this session of interactive guided imagery, you will be invited to experience completion with those in your life with whom you have issues of forgiveness. Peace, health, abundance, and love are gifts that can manifest themselves through this forgiveness process.

 **Crystal Singing Bowl Sound Bath***Karen Norum*

Tues., June 18 6:30 PM - 7:15 PM

Drop in to refresh, relax, renew. Allow the soothing tones of quartz crystal bowls to wash over you. The tones produce a vibrational sound field which bathes you with rising and falling rhythms, tonalities and multi-tonal octaves of harmonic resonance.

 **Letting Go: The Ultimate Spiritual Practice***Lisa Venable*

Thurs., June 20 2:30 PM - 4:00 PM

Learning to let go is the quickest way to shift what you are experiencing and manifest what you truly want. You will learn a process for releasing difficult emotions, pain and negative thoughts. Letting go gives you the ability to deal with any challenge in a more powerful way! Includes simple meditations and techniques based on the *Letting Go* book by David Hawkins.

 **LovingKindness Meditation***Andrew Litchy*

Mon., May 6, 20, June 3, 17 5:30 PM - 7:00 PM

LovingKindness meditation is a practice of cultivating unconditional love and goodwill. It emphasizes observing your mind without judgment while cultivating joy and happiness in both meditation and daily life. The first session of the month will focus on meditation instructions and introduction to the practice, the second session of the month will address more advanced practice. **Drop-in group.** ↓

 **Meditation for Wellness***Andre Heuer*

Thurs., May 9 9:30 AM - 11:30 AM

In this simple and effortless process you will discover your own natural method of meditation. In this session the challenges of establishing a meditation practice are investigated. This session can benefit those who are new to or who are experienced in meditation and also for those who have struggle with meditation.

 **Mindfulness-Based Stress Reduction (MBSR) Practice Session***Cass McLaughlin*

Sat., May 18 12:00 PM - 2:30 PM

Sat., June 15 12:00 PM - 1:00 PM

No need to have attended MBSR but it is useful to start, continue and/or deepen your mindfulness practice with this formal practice session. Starting in March 2019, every other month (March, May, July, September and November) will be on specific practice topics and 2.5 hours long. Included will be longer practices, a possible teaching, dialogue and inquiry. **Drop-in group.** ↓

 **Introduction to Shamanic Journeying***Valerie Ohanian*

Tues., May 28, June 25 6:30 PM - 8:30 PM

You will learn an ancient core shamanic practice used around the world by indigenous people to gain wisdom, direction, healing, and greater connection to self and others. Shamanic journeying is simple, direct, and powerful. Please bring drums and rattles, if you have them.

MEDITATION, IMAGERY & INNER PRACTICE (CONT'D)

 **Shamanic Drumming Circle** *Lin Butler &/or Valerie Ohanian*
Sat., May 18, June 15 7:00 PM - 9:30 PM

This group is for those with previous experience in shamanic journeying. Come explore the shamanic path, share personal concerns & receive support for your own healing. We will be drumming, singing, and sharing our stories. Bring your own drums, rattles, & sacred objects. Please be prompt out of respect for The Circle.

 **Sound of Soul Chant** *Linda Duncanson Miller*
Mon., May 6, June 3 11:00 AM - 12:00 PM

You will get into a comfortable seated position and be guided on how to open your inner self to the Sound of Love. We will chant for 15-20 min and then go into a quiet contemplation/meditative state to open yourself to inner peace and guidance. After the chant we will have a brief discussion on a topic or your experience of the mediation/contemplation.

 **The Practice of Mindfulness** *Andre Heuer*
Thurs., June 20 9:30 AM - 11:00 AM

Being aware of the moment is an important step in healing. In this session we'll explore the basic steps of mindfulness and you'll learn to use your everyday activities to create your own mindfulness techniques.

MIND-BODY-SPIRIT HEALING

 **Compassionate Listening** *Sue Salmela*
Wed., May 1, 8, 15, 22, June 5, 12 1:00 PM - 2:00 PM
An opportunity to be heard deeply in a safe and sacred space.

 **Conversational Labyrinth** *Helen Cleveland*
Thurs., May 9, 16 11:30 AM - 12:30 PM
An invitation to release what doesn't serve you on the way in, receive what is waiting for you at your own center, and return with courage and strength to offer your best self to the world.

 **Heal the Hurt** *Valerie Lis*
Mon., June 24 11:00 AM - 12:00 PM / 12:30 PM - 1:30 PM
2:00 PM - 3:00 PM / 3:30 PM - 4:30 PM
Memories can continue to hurt years after an event as the healing process becomes blocked. Emotional Freedom Techniques (EFT), self-treatment with fingertip tapping, seeks to detach stressful feelings and- in a complete, respectful, and peaceful manner - to heal the hurt.

 **Healing Hypnosis** *Amy Taylor*
Tues., May 21, 28 (2-Session Series) 4:00 PM - 4:30 PM
Tues., June 18, 25 (2-Session Series) 4:45 PM - 5:15 PM
5:30 PM - 6:00 PM

Hypnosis is a guided state of tremendous relaxation and use of imagery to assist in the healing process. Therapeutic suggestions are made to help you understand and gain more control over your physical, emotional, and/or spiritual health. 📄

 **Shamanic Healing Sessions** *Valerie Ohanian*
Tues., May 14, 28 2:00 PM - 2:45 PM
3:00 PM - 3:45 PM

Wed., June 12, 26 11:00 AM - 11:45 AM
12:00 PM - 12:45 PM

Shamanic methods can foster healing as well as help restore vitality, grounding and passion for life. The work is energetic and spiritual in nature: I access and offer tools you can use to bring healing, transformation and empowerment into your daily life.

 **Voice Healing** *Myo-O Marilyn Habermas-Scher*
Wed., May 8, June 12 9:30 AM - 10:15 AM
10:30 AM - 11:15 AM

Rest on a massage table, fully clothed, and receive a dynamic vibrational massage through vocal sound and singing.

 **Wisdom Tools** *Trish Herbert*
Wed., May 8, 22, June 5 3:00 PM - 4:00 PM
4:00 PM - 5:00 PM

Offers stabilizing tools for those dealing with the emotional and spiritual impact of illness and its effect on relationships. Focus will be on the three wisdom tools -- listening, tonglen practice and reflection. Develop a plan for yourself.

 **Anger: Get User Friendly** *Spruce Krause*
Fri., May 10 10:00 AM - 12:00 PM
Explore what is beneath your anger: why you fear or suppress anger. Receive tools to get more comfortable with all of your emotions and how to feel and release anger in life supporting and productive ways.

 **Finding Your Way for the Rest of Your Life** *Carol Anderson*
Tues., May 28, June 25 2:00 PM - 3:30 PM
When the terrain ahead is unknown you must find your ways that support you through what appears. Gather with others to explore whatever emerges drawing on perennial, cross-cultural wisdom and our own stories. Come monthly or whenever you choose. Find your ways with gentle self-trust and self-compassion and courage. **Drop-in group.** ↓



MIND-BODY-SPIRIT HEALING (CONT'D) **Gong Bath**

Thurs., May 9
Sat., June 15

Michele Anderson
5:00 PM - 6:00 PM
1:30 PM - 2:30 PM

The parasympathetic nervous system is ruled by sound. The vibrations of the Gong create deep relaxation, regenerate the parasympathetic nervous system, balance the glandular system, and calm the mind. Class includes gentle yoga followed by a 40-minute Gong bath.

 **Healing Support for the Emotions**

Mon., June 24

Valerie Lis
5:00 PM - 7:00 PM

Emotional Freedom Techniques (EFT) is a simple method to dissolve stress. It also helps eliminate or reduce chronic pain and discomfort. Participants learn to self-treat by tapping acupressure points with the fingertips, while working on personal stressors.

 **Messages from Love: Learning to Listen to your Heart**

Fri., May 17

Lisa Venable
11:00 AM - 12:30 PM

Discover and learn to listen to an inner voice that feels good. A voice that speaks from the spirit rather than ego; a voice of love and possibilities instead of fear and limitation. Includes a specialized healing meditation for deeper healing of fear and negative thoughts followed by a deep connection to the Spirit of Love.

 **The Seven Spiritual Laws of Success**

Wed., May 8, 15, 29, June 5, 12, 19, 26



*Christine Smith
Sanchez Peterson*

11:00 AM - 12:30 PM

We will read and discuss *The Seven Spiritual Laws of Success* by Deepak Chopra. In this book, the author offers a life-altering perspective on the attainment of success. He suggests that once we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, energy and enthusiasm for life becomes more abundant for us as humans. **(7-session series. You are asked to make a commitment to all sessions).** 

 **The WarmFeet Intervention**

Fri., May 3, June 7

Birgitta Rice
10:30 AM - 11:45 AM

You will learn the skill of relaxation, which is specifically designed to improve blood flow to your feet, hands and skin. The learning is assisted with temperature biofeedback as a guide to help you learn the skill. Folks with limited circulation to the extremities, cold, non-healing sores and pain will have the greatest benefit.

 **Word Horse Coaching Card Circle**

Wed., May 8, June 12

Beth Peterson
1:00 PM - 2:15 PM

This group coaching circle is guided by a 36 card deck, each card with a different word. Working with a card, you will learn a body centering practice, answer powerful questions on the card and experience the felt sense of the word to help you with a situation in which you want to receive guidance.

MOVEMENT & GUIDED PRACTICE **Kundalini Yoga and Meditation**

Sat., May 4, June 1, 15

Jane Matteson
10:30 AM - 11:45 AM

Kundalini yoga is one of the most ancient and powerful forms of yoga. Classes include movement, breath work, mudras (hand positions), mantras (chant), and meditation to support all aspects of the mind-body-spirit connection. Kundalini yoga is also fun, energizing and accessible to people of all fitness levels.

 **Laughter Yoga**

Thurs., May 16, 23, 30, June 13, 20, 27

Jody Ross
6:30 PM - 7:30 PM

Laughter Yoga is a well-being workout; we laugh and practice yogic breathing. The movements are simple and can be done seated or standing. Bring your smile, a little bit of willingness to be present and playful. Most new laughers report that they feel relaxed, yet energized for the rest of the day and sleep well that evening. **Drop-in Group.** ↓

 **Laughter Yoga**

Mon., May 6, 13, 20, &
Mon., June 3, 10, 17, 24

Pete and Jan Girard
9:30 AM - 10:30 AM

Laugh for no reason. No poses and no mats necessary. Simple movements can be done standing or sitting. An opportunity to be present and recapture your childlike nature to be joyful. **Drop-in Group.** ↓

 **Informational Session on Meditative Movements**

Wed., May 29

Ellie Peterson
1:00 PM - 2:00 PM

Tues., June 11

6:30 PM - 7:30 PM

Wed., June 12

3:00 PM - 4:00 PM

Are you interested in learning a new mind/body technique? Meditative Movements (TM) is an innovative exercise program that integrates physical movements with the breath and spoken affirmations. During this informational session, you will experience the movements, understand the certificate process and explore how you could teach the movements to existing clients, volunteer your time, or start your own practice.



MOVEMENT & GUIDED PRACTICE (CONT'D) **Meditative Movements***Ellie Peterson*

Wed., May 8, 22

9:30 AM - 10:30 AM

Tues., June 4, 18

2:00 PM - 3:00 PM

Integrating Meditative Movements into your daily life can release resistance and support your life journey with love, confidence & joy. This practice uses spoken positive core value affirmations with structured seated, standing & floor movements adaptable to your physical ability.

 **Nurturing Yoga -- Seated***Marcy Lundquist*

Fri., May 24, June 21

2:15 PM - 3:15 PM

While seated, enjoy gentle postures and movement to build strength, flexibility, and well-being in a compassionate manner.

 **Seated Yoga for Emotional Balance and Relaxation***Joyce Gudding*

Wed., May 1, 15, 22, 29

2:30 PM - 3:30 PM

Enlivening the body, breath and mind through gentle postures where breath is the medium for movement. It includes Asana (yoga postures) on chair with some standing postures. Postures will be modified to find the best way to make space in your body. No yoga experience is required. All levels are welcome.

 **Spring Forest Qigong Overview***Barb Palmer or Shirley O'Neill*

Mon., June 10

12:45 PM - 2:45 PM

SFQ is a simple, effective, meditative practice which helps you balance and heal yourself physically, emotionally and spiritually. It combines simple body movements, breathing, visualization and sound. SFQ can be done sitting, standing, or lying down.

 **Spring Forest Qigong Healing Circle & Practice Group***Barb Palmer*

Mon., May 6, 13, 20, &

1:00 PM - 2:15 PM

Mon., June 3, 17, 24

Please join us as we share our Love Energy with each other and receive energy balancing. We will practice the simple SFQ healing movements and meditations. Learn tips on how to balance your Qi and enhance your physical, emotional and spiritual well being. **Drop-in Group.** ↓

 **Advanced Tai Chi***Eddy Wilbers*

Mon., May 13, 20, June 3, 10, 24

4:00 PM - 5:00 PM

Tai Chi is a centuries-old martial art form that teaches us to harmonize our body, mind, and spirit. Students will expand their previous experience with Tai Chi and begin to explore the Cheng Man ching style short form. Students attending this class should be experienced in Tai Chi and able to practice warm-up movements without assistance. **Drop-in Group.** ↓

 **Intro to Tai Chi***Eddy Wilbers*

Tues., May 7, 14, 21, 28, &

4:00 PM - 5:00 PM

Tues., June 4, 11, 25

Returning and beginning students will benefit from an exploration of basic movements, stretches, and exercises that represent the roots from which our Tai Chi practice will grow. Students will receive hands-on instruction and are encouraged to wear loose-fitting clothing. **Drop-in Group.** ↓

 **Intro to Tai Chi Chih***Marlena Vernon*

Wed., May 1, 15

9:30 AM - 10:30 AM

Experience this gentle, moving meditation practice of non-strenuous, circular and repetitive movements emphasizing self-awareness, well-being and energy flow. It can easily be done by anyone, regardless of age or physical condition and can lead to heightened mind-body awareness.

 **Tai Chi for Better Health - Seated***Stephanie Siddiqui*

Tues., May 7, 21

1:30 PM - 2:30 PM

Enjoy slow graceful movements that create inner and outer balance, strength and energy. Each class will incorporate qigong movements and healing forms from Tai Chi for Health.

 **Taoist Exercise for Health and Internal Power***Rand Adams*

Sat., May 11

11:00 AM - 12:00 PM

The focus of this class is classical Taoist exercises, primarily Qigong and Neigong. These exercises consist of physical movements and standing meditations, along with an internal focus on energy and breathing, and mindfulness.

 **Yin Energy Yoga***Linda Duncanson Miller*

Mon., May 20, June 17

11:00 AM - 12:30 PM

This practice will open you up to greater awareness by releasing stress in your muscles, ligaments, tendons and fascia. There is light stretching to your ability in supported poses (blankets, bolsters, etc.) to make you comfortable followed by meditation/contemplation.



TRANSFORMATION THROUGH CHANGE, GRIEF & LOSS

Advance Care Planning- Individual or Pairs

Tues, June 18

Lin Butler

4:00 PM - 5:30 PM

6:00 PM - 7:30 PM

Participants may explore and discuss their questions, concerns and choices regarding end of life planning and late life care. You will be guided to think about your current condition, how you envision your own care, and who will speak for you when you may be unable to speak for yourself. Your care giving partner is welcome to attend.

Speaking of Death: Options and Conversation (1-1)

Fri., May 10

*Anne Archbold &/or**Marilaurice Hemlock*

10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

Tues., June 4

1:00 PM - 1:45 PM

2:00 PM - 2:45 PM

What will happen to your body after you die? What options do you have? What challenges keep you from making plans? Conversation, planning tools, and resources to help get your plans in order and communicate them to others.

Writing Your Health Care Directive

Tues, May 14, 28, June 18, 25

Gay Moldow

9:30 AM - 11:30 AM

Participant will review and discuss writing a health care directive. He/she will identify what his/her wishes are for health care at the end of life. This directive is used only when a person can no longer understand medical discussions and speak to direct his/her own care.

Who Am I Now? Living with Change

Wed., May 1, 15, 29, June 12

Mary Baker

11:00 AM - 12:30 PM

We constantly live with change. In this group, we will explore the impact of change in our lives as we work to discover *Who Am I Now?*. Our discussions will focus on the topics of awareness, acceptance, appreciation, and intention in moving forward.

MONTHLY DROP-IN GROUP

↓ **Caregivers: Navigating Together**

Mon., May 13, June 10

6:00 PM - 8:00 PM



We'll have a different guest provider each session who will offer a topic and/or practice to help navigate the terrain of Caregiving. Expect new experiences with opportunities to share pieces of your Caregiving story if you choose.

**May 13: *Healing Touch for Self-Care and Beyond*
with Mary Johnson**

**June 10: *Finding Meaning in the Caregiving Journey*
with Betsy Knapp**

*All sessions co-facilitated by
Erica Nelson, Program Manager*

**Sessions randomly assigned.
Request via online account or paper registration form.**

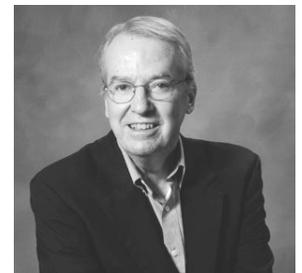
SPECIAL OFFERING

Reasonable Hope: When Dreams Shatter

with Ted Bowman

Thurs., June 13

3:00 PM - 5:00 PM



*Life is what happens while you are making other plans
- John Lennon...and Allen Saunders*

Detours and surprises are the stuff of living. While many such detours are disappointing, others shatter dreams and can throw people off their usual resilient responses. Reasonable hope can seem illusive and out of reach.

In this session, participants will be presented with frameworks and tools for understanding and responding to shattered dreams. Connections to honest hope will also be emphasized.

**Session randomly assigned.
Request via online account or paper registration form.**

Pathways

A Healing Center

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Healing Within.
Renewing Life.

May & June 2019
Calendar of events, programs, and services

SPECIAL OFFERING



★ **Word Horse Coaching Card Circle with Horses**

Facilitated by Beth Peterson

Sun., May 19 - 1:00 PM - 3:00 PM

Fri., June 28 - 10:00 AM - 12:00 PM



Join the horses for a session of the coaching card circle. We will create our circle of chairs in the pasture with the horses. Based on the card you choose, you will receive one-to-one coaching with the horses and session Provider to deepen your self-awareness.

We will not be riding the horses. All work is done around or next to them in a safe environment. Previous participation in the coaching card circle at Pathways is not required. Previous horse experience is not required.

Space is limited to six participants per circle. Limit one circle per participant unless there is no one on the wait list.

The class will be held at a small horse farm located southeast of the Twin Cities in Inver Grove Heights. Directions provided once assigned to session. Participant responsible for own transportation.

Cost is \$30 per person, which covers administrative fees related to the farm and horses.

Session randomly assigned. Request session via online account or paper registration form.